

Recipes

Flavoured water

We tried a few variations on this. You could do this as a little experiment. Get your children to think of different flavours that may work - you can discuss the colour, the taste and what would work and what would not work. Try a flavour a day. Decide at the end of the week what your favourite flavour was. All you need to do is wash your chosen fruit and add to the water. This is a great way to get children to drink water

Here are some ideas to start you off:

Strawberries and a couple of basil leaves.

Cucumber

Kiwi and strawberry

Raspberry and lemon

Apple

Lemon/lime/orange wedges

Pineapple

Mint leaves

Melon

Mango

Peach

